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2. (NEW) A method of preparing and transporting food for regeneration comprising the steps of:

preparing food at a first location;

apportioning the prepared food onto at least one tray;

loading the at least one tray, bearing the apportioned food, onto a rack for receiving and supporting a plurality of trays in a predetermined alignment;

transporting the rack, loaded with the at least one tray bearing the apportioned food, to a second location spaced from the first location; and

regenerating the apportioned food while the at least one tray is supported by the rack at the second location.

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3. (NEW) The method as claimed in claim 2, further comprising the step of, following sufficient regeneration of the apportioned food at the second location, distributing the at least one tray bearing the apportioned food to a consumer for consumption.

4. (NEW) The method as claimed in claim 3, further comprising the step of utilizing the rack to recover the at least one tray from the consumer, following consumption of a desired portion of the apportioned food by the consumer.

5. (NEW) The method as claimed in claim 4, further comprising the step of, following recovery of the at least one tray from the consumer, transporting the recovered at least one tray back to the first location via use of the rack.

6. (NEW) The method as claimed in claim 2, further comprising the step of utilizing a transfer vehicle for transporting the rack, loaded with the at least one tray bearing the apportioned food, from the first location to the second location.

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7. (NEW) The method as claimed in claim 6, further comprising the step of using one of:

a refrigerated vehicle; and

a trolley

as the transfer vehicle for transporting the rack loaded with the at least one tray bearing the apportioned food from the first location to the second location.

8. (NEW) The method as claimed in claim 2, further comprising the step of using one of:

a refrigerated self-propelled vehicle;

an un-refrigerated self-propelled vehicle;

~~a trolley;
a dolly; and
a conveyor~~

as a transfer vehicle to transport of the at least one tray.

9. (NEW) The method as claimed in claim 2, further comprising the step of using a mobile trolley incorporating heating/cooling means to facilitate regeneration of the apportioned food on the at least one tray.

10. (NEW) The method as claimed in claim 2, further comprising the step of using one of:

a mobile trolley incorporating heating/cooling means;

a mobile trolley coupled in operable combination with a separate heating cooling means; and

a heating/cooling means

to facilitate regeneration of the apportioned food on the at least one tray.

11. (NEW) The method as claimed in claim 2, further comprising the step of loading a plurality of trays, each bearing apportioned food, onto the rack prior to transporting the rack, loaded with the plurality of trays bearing the apportioned food, to the second location by way of a transport vehicle.

12. (NEW) The method as claimed in claim 2, further comprising the step of placing the transported the rack, loaded with the at least one tray bearing the apportioned food, in storage prior to regenerating the apportioned food of the at least one tray.

13. (New) A method of preparing, transporting and dispensing food, the method comprising the steps of:

preparing the food for consumption at a first location;

apportioning the food onto a plurality of trays at the first location;

providing a maneuverable rack with a predetermined stacking arrangement of particular dimensions and stacking the plurality of trays, once apportioned with food, in the rack;

loading the rack, stacked with the plurality of trays, onto a transport vehicle for transportation to a second remote location;

~~transferring the rack, at the second location, from the transport vehicle to a receptacle, and the receptacle having at least one of heating means and cooling means, and the receptacle being configured to receive at least one rack;~~

~~activating one of the heating means and the cooling means to regenerate the apportioned food of the plurality of trays of the rack; and~~

~~dispensing the plurality of trays, containing the apportioned food, to consumers for consumption once the apportioned food is sufficiently regenerated.~~

14. (NEW) The method as claimed in claim 13, further comprising the step of removing the rack from the receptacle prior to dispensing the plurality of trays, containing the apportioned food, to consumers for consumption.

~~15. (NEW) The method as claimed in claim 14, further comprising the steps of:~~
~~using the rack to collect the plurality of trays following consumption of the apportioned food by the consumers; and~~

~~returning the plurality of trays and the rack back to the first location for reuse and wherein the receptacle remains at the second location.~~

16. (NEW) The method as claimed in claim 13, wherein the receptacle is a mobile receptacle and the method further comprising the step of using the mobile receptacle to dispense the plurality of trays, containing the apportioned food, to consumers for consumption with the rack contained within the mobile receptacle during dispensing of the plurality of trays.

~~17. (NEW) The method as claimed in claim 16, further comprising the step of, following consumption of the apportioned food by the consumers, collecting and the plurality of trays with the rack located within the mobile receptacle.~~

~~18. (NEW) The method as claimed in claim 17, further comprising the steps of:~~
~~removing the rack from the mobile receptacle following collection of the plurality of trays; and~~

~~returning the plurality of trays and the rack back to the first location for reuse while leaving the receptacle at the second location.~~

~~19. (NEW) The method as claimed in claim 13, further comprising the step of placing the transported the rack, loaded with the plurality of trays bearing the apportioned food, in storage prior to regenerating the apportioned food of the plurality of trays.~~

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20. (NEW) The method as claimed in claim 13, further comprising the steps of:
repositioning the rack within the receptacle and collecting the plurality of
trays with the rack in the receptacle following consumption by the consumer; and
returning the plurality of trays and the rack back to the first location for
reuse while leaving the receptacle at the second location.

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